



# HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM, WEST BENGAL, PIN 731220 Estd. 1986

(Affiliated to the University of Burdwan and Re-accredited by NAAC)

Phone: 03465255254 Email: [hbccollege@gmail.com](mailto:hbccollege@gmail.com) Website: [www.hbcnht.in](http://www.hbcnht.in)

Date: 05.03.2019

## Notice

It is notified for information of all concerned that a meeting of the members of the Gender Cell will be convened on 12.03.2019 (Tuesday) at 2 PM in Teachers' Common Room of Hiralal Bhakat College to discuss the following agenda.

### Agenda

1. Confirmation of the resolutions adopted in the last meeting.
2. Discussion regarding the need of a sanitary napkin vending machine in the Girls' Common Room for female students
3. Miscellaneous if any.

All honourable members of Gender Cell are cordially requested to make it convenient to attend the said meeting positively.

Dr. S.  
Das  
Biswas  
Singha

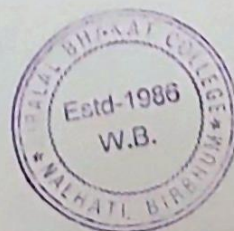
Dated: 13.11.2019

Amrita Biswas

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Convener (Gender Cell)

Hiralal Bhakat College



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A meeting of the Gender Cell of Hiralal Bhakat College was held in Teachers' Common Room of Hiralal Bhakat College on 12. 03. 2019 (Tuesday). The meeting started at 2 PM in Teachers' Common Room and the main topic of discussion was organization of the inauguration and necessary steps that needed to be taken in this regard.

1. The members discussed about the need of a sanitary napkin vending machine in the College. They also discussed about the need of raising awareness about menstrual health and breaking menstrual taboo by organising an awareness program on the day of inaugurating the vending machine.
2. It was decided that the vending machine will be inaugurated in the Girls Common Room of the college on 9.4.19 (Tuesday)
3. The members also decided that an awareness program will be organised on the same day on 'Menstrual Health and Body Positivity'

## SIGNATURES OF TEACHERS PRESENT

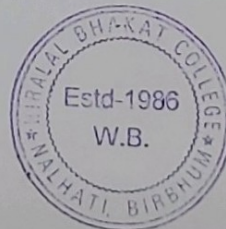
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Date: 18.03.2019

To  
The Coordinator  
IQAC  
HiralalBhakat College  
Nalhati, Birbhum.

Ref.: Appeal to collaborate in an Awareness Program by Gender Cell

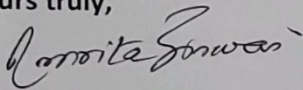
Respected Sir,

This is to inform you that an awareness program on 'Menstrual Health and Body Positivity' is going to be organised by the Gender Cell, HiralalBhakat College, Nalhati, on 9<sup>th</sup> April, 2019 at 12 PM.

You are hereby requested to allow a collaboration with IQAC, HiralalBhakat College, Nalhati, Birbhum in this regard.

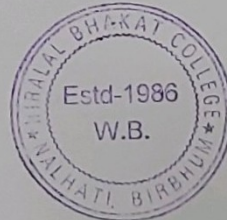
Thanking you.

Yours truly,



Amrita Biswas

Convener (Gender Cell)



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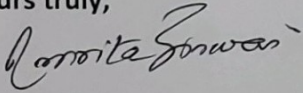
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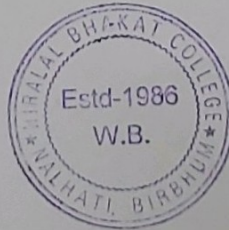
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To

Convener

Gender Cell

HiralalBhakat College

Nalhati, Birbhum.

Date:

Subject: Confirmation of collaboration.

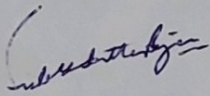
Dear Sir/ Madam,

It is hereby intimated that IQAC, HiralalBhakat College, Nalhati, Birbhum does hereby confirm that a collaboration in the One Day Awareness Program on 'Menstrual Health and Body Positivity' has been established following your letter dated 18.03.2019.

Kindly consider it as a formal declaration of collaboration in this regard and oblige.

Thanking you,

Yours Sincerely,



Dr. Suddhasattwa Banerjee

Coordinator, IQAC

HiralalBhakat College

Nalhati, Birbhum.

Coordinator, IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum

Dated-29.03.2019



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## REPORT ON ONE DAY AWARENESS PROGRAM BY GENDER CELL AND IQAC, HIRALAL BHAKAT COLLEGE,

HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM

A Brief Report

on

ONE DAY COLLEGE LEVEL AWARENESS PROGRAM ON  
MENSTRUAL HEALTH AND BODY POSITIVITY

ORGANIZED BY GENDER CELL AND IQAC, HIRALAL BHAKAT COLLEGE,  
NALHATI

Date: 9<sup>TH</sup> APRIL, 2019

Time: 11.30 AM

Venue: GIRLS' COMMON ROOM

Organizing Committee:

Chairperson: Dr. Goutam Sen TIC, Hiralal Bhakat College,

Dr. Suddhasattwa Banerjee, Coordinator of IQAC, Hiralal Bhakat College

Amrita Biswas, Convenor, Gender Cell, Hiralal Bhakat College



## Introduction:

The Gender Cell of HiralalBhakat College organized a one day awareness program on 'Menstrual Health and Body Positivity' , in collaboration with IQAC , HiralalBhakat College on 9.04.19 (Tuesday) in Girls Common Room of HiralalBhakat College. It aimed at raising awareness about menstrual health and body image among female students.

## Sessions:

The program focused on these crucial topics .

- a) Understanding the need of raising awareness about women's health and body positivity.
- b) Breaking the taboo around menstruation and making students aware about the need for seeking medical help if needed
- c) Inauguration of Sanitary Napkin Vending Machine in the Girls Common Room of HiralalBhakat College

## Details:

The program started with lighting of ceremonial lamp by honourable TIC . In his inaugural address, Dr.Goutam Sen Teacher-in-Charge of HiralalBhakat College talked about the pervasive taboo around menstruation and the socio-economic repercussions of the stigma faced by women in our country.

Next Speaker, Dr.Suddhasattwa Banerjee, Coordinator of IQAC, HiralalBhakat Collegetalked about the social isolation and restrictions faced by women during their periods, that not only affect their mental and physical health but also limit their opportunities. He also spoke about the regressive social customs that tended to judge women on their physical appearance rather than their intellect

Amrita Biswas , Convenor of the Gender Cell , HiralalBhakat College expressed the need of educating ourselves to foster open dialogues and fight the stigma. She also shed light on the need of inclusivity when it came to body image among students .

After that Dr.Goutam Sen, TIC, HiralalBhakat College inaugurated the Sanitary Napkin Vending Machine in presence of Teaching and Non Teaching Staff and students of the college.



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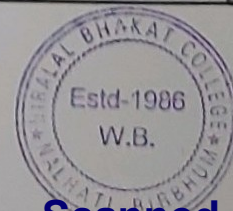
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The program ended with vote of thanks by Amrita Biswas , Convener , Gender Cell, HiralalBhakat College.

Participation:

The program was attended by 70 students, of whom 50 were girls and 20 were boys. It was also attended by Teachers of various faculties and members of Non Teaching Staff of the college .

Budget- Fifteen Thousand Rupees

*Amrita Biswas*

